

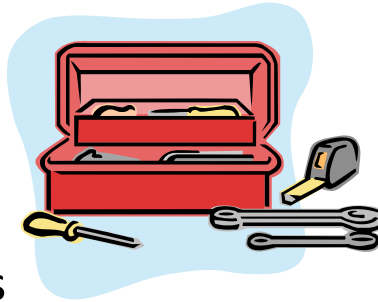
**Community Action Committee of Cape Cod & Islands
Presents:**






Take care of yourself & your loved one!!!

Free DVD & Handbook

Caring for a spouse, parent, or friend?
Need questions answered? Resources are available!!

CACCI Caregiver Toolkits contains powerful tools for Caregivers:



-  Nutrition for elders
-  Food & Home safety tips
-  Hands on skills
-  Yoga for relaxation
-  Exercise for Wellness

Up Coming Workshop:

January 26, 10-1pm

115 Enterprise Road, Hyannis MA

March 13, 2012 12:30-4:30pm

2 Fairgrounds Road, Nantucket, MA

**For Reservations Call 508-771-1727 ext. 159 or 1-800-845-1999 ext. 159
Refreshments Provided! Voluntary Donations Accepted.**